

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application.

**Listing of Claims:****Claim 1**

1. (canceled)

**Claim 2**

2. (canceled)

**Claim 3**

3. (currently amended)

The muscle strengthening and rehabilitation apparatus of claim 2, wherein the length of the major diameter is 13.5 inches, the length of the minor diameter is 6.0 inches, and the thickness is 3.0 inches.

**Claim 4**

4. (canceled)

**Claim 5**

5. (canceled)

**Claim 6**

6. (canceled)

**Claim 7**

7. (canceled)

**Claim 8**

8. (canceled)

**Claim 9**

9. (canceled)

**Claim 10**

10. (currently amended) The muscle strengthening and rehabilitation apparatus wherein the apparatus comprises a foam material having a density of 3.0 lbs. per cubic foot.

**Claim 11**

11. (canceled)

**Claim 12**

12. (canceled)

**Claim 13**

13. (canceled)

**Claim 14**

14. (canceled)

**Claim 15**

15. (canceled)

**Claim 16**

16. (currently amended) The muscle strengthening and rehabilitation apparatus, wherein disposing the apparatus comprises placing at least one foot on the first surface, and placing the second surface in contact with a wall.

**Claim 17**

17. (currently amended) The muscle strengthening and rehabilitation apparatus, wherein disposing the apparatus comprises placing at least one foot on the first surface, and placing the second surface in contact with the floor.

**Claim 18**

18. (currently amended) The muscle strengthening and rehabilitation apparatus, wherein disposing the apparatus comprises placing at least one hand on the first surface, and placing the second surface in contact with a wall.

**Claim 19**

19. (currently amended) The muscle strengthening and rehabilitation apparatus, wherein disposing the apparatus comprises placing at least one hand on the first surface, and placing the second surface in contact with the floor.

**Claim 20**

20. (canceled)